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cabbage with eggs

CABBAGE AND EGGS

PREP TIME	5 minutes
COOK TIME	10 minutes

INGREDIENTS:

- 1 Tbsp butter or olive oil I like a combination of the two
- 1 garlic clove minced
- 1 cup lightly packed cabbage finely shredded
- 2 eggs lightly beaten
- salt and pepper to taste

INSTRUCTIONS:

1. Heat a non-stick pan over medium heat.
2. Add in the butter and/or oil and spread it in the pan.
3. Add in the garlic and let it become fragrant for 20 seconds or so.
4. Add in the cabbage and cook, stirring frequently, until it softens, about 3-5 minutes. I like to cook mine until it is beginning to caramelize, which can take a minute or two longer.
5. Spread the cabbage out in a thin layer.
6. Pour in the eggs, tilting the pan a bit to spread them out.
7. Let the eggs cook for about 15-20 seconds and then fold them over gently until they are cooked through.
8. Remove from heat and serve immediately!

Enjoy!

NOTES

Nutrition facts based on using olive oil.

Pages: 1 2